

THE ABINGDON  
WAR-FOOD  
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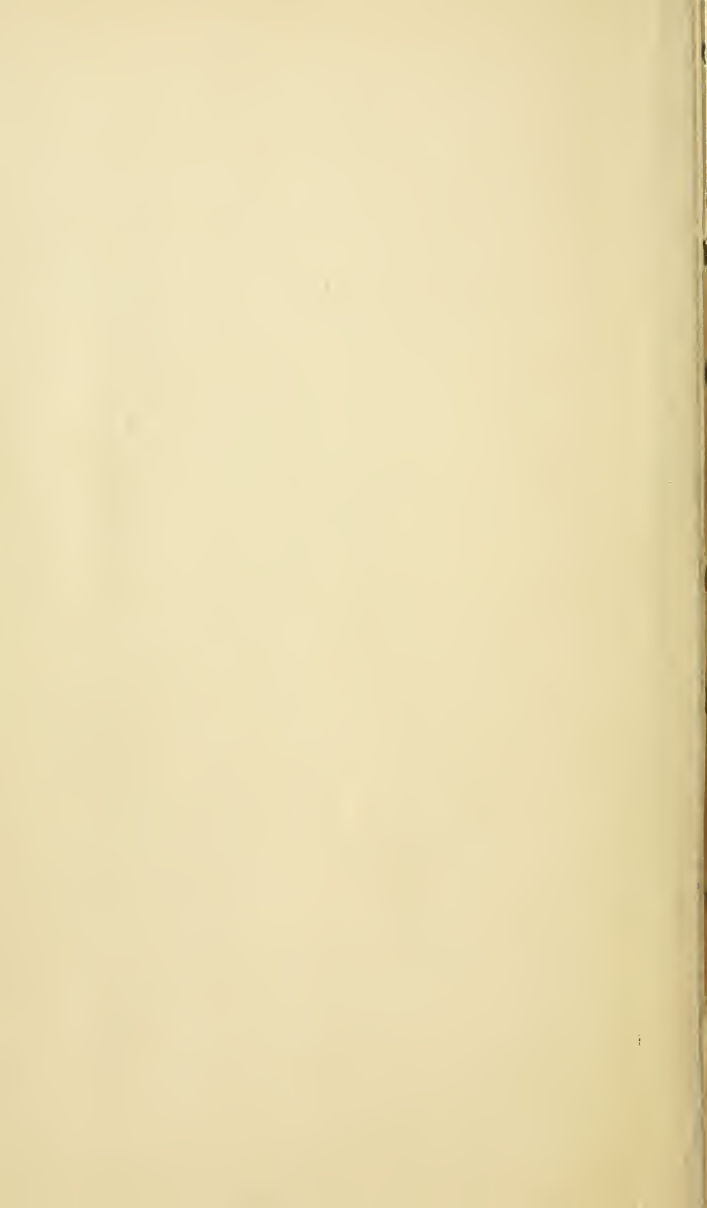
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# THE ABINGDON WAR-FOOD BOOK

## FOREWORD

By HERBERT HOOVER

## THE WORLD FOOD PROBLEM

By VERNON KELLOGG  
Of U. S. Food Administration

## THOUGHTS ON THE PRESENT SCARCITY OF PROVISIONS

By the late REV. JOHN WESLEY

## WAR TIME RECIPES AND MENUS

By CHARLOTTE HEPBURN ORMOND



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## FOREWORD

I HAVE read with lively interest John Wesley's "Thoughts" about food difficulties. The difficulties that he noted in 1773 are still with us. Some people have too much food and some have too little. Such conditions have always existed and always will exist under our present social organization—and perhaps under any possible social organization.

But at the present time we have newer and greater food problems; they are international problems. Now it is some nations, not only individuals, who have more food than is necessary, while others stand face to face with national starvation. Our duty, therefore, is a double one. We must try to solve in some measure the great international food problems and at the same time not forget those more individual problems of which Wesley spoke. And the solving of the greater will help us in the solution of the lesser problems, for the stimulus of the present international food situation serves to arouse the interest of everyone in all food problems.

So it may be, when the war is past, we shall

be able to turn from the international food problems to those that Wesley noted with a new interest and a more active endeavor.

Faithfully yours,

HERBERT HOOVER.

## INTRODUCTION—THE WORLD FOOD PROBLEM

Wise old John Wesley's words uttered a century and a half ago remind us that the food problem is no new thing and that waste or ill-directed use of food has been the cause of suffering wherever and whenever it occurred.

But there is a reason for food difficulties to-day to which Wesley does not refer. War, and war on a scale of this greatest war of all time, can produce swiftly a shortage of food for whole peoples, including rich and poor alike. It does this by reducing production and obstructing distribution. So that the food problem to-day is not simply that of Wesley's day, which was to find some way of getting sufficient food to the very poor, but it is a problem of finding sufficient food for nations.

In Belgium there are many rich people as well as many poor, but all depend for their daily bread on a meager, but equal, ration. The Belgian banker gets no more bread than the Belgian workman. And that either banker or workman get any at all depends upon an

extraordinary arrangement involving the consent of various other nations and the efforts of a foreign relief organization.

Even in England and France and Italy, which are not inclosed, as Belgium is, in a merciless ring of steel, there is only bread enough for the people to keep alive because of the voluntary sharing with them by another nation which is commonly interested with them in the prosecution of a great struggle for liberty.

In each country of the world to-day the food difficulties described by Wesley obtain in some measure, but above all these difficulties is the far greater one of the division among nations of a greatly diminished food supply. It is America's special and extraordinary responsibility in connection with this greatest of all food problems ever known that demands to-day so much thought and work and personal sacrifice on the part of all of our people.

And this problem will not pass immediately with the passing of the war. The exhaustion of all food stocks and the underfeeding for a long period of hundreds of millions of people will insure an extraordinary food demand for a number of years to come after peace has been made. Combined with this world-hun-

ger will be a shortage of world-shipping, and at the same time there will be great demands on this shortened shipping for the repatriation of millions of soldiers and the carrying of millions of tons of raw materials and machines to stripped countries that they may rehabilitate their industries. The ships cannot all be used to carry food.

So there must be food economy not only now but for years to come. We in America must save food not only that the allied nations may be kept alive now, but after the war. Our food problem has only been partly formulated so far. We must begin to try to formulate it in terms more nearly complete. It is not only a problem of to-day; it is a problem of to-morrow as well. And we shall do well to recognize that now.

VERNON KELLOGG,  
U. S. Food Administration.



THOUGHTS  
ON THE PRESENT  
SCARCITY  
OF  
PROVISIONS.

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MDCCLXXIII.



## THOUGHTS, &c.

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 ANY excellent things have been lately published, concerning the *present Scarcity of Provisions*. And many Causes have been assigned for it, by Men of Experience and Reflection. But may it not be observed, there is something wanting still, in most of those Publications? One Writer assigns and insists on one Cause; another on one or two more. But who assigns all the Causes that manifestly concur, to produce this melancholy Effect? At the same time pointing  
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out

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out, how each particular Cause affects the Price of each particular Sort of Provision ?

I would willingly offer to candid and benevolent Men, a few Hints on this important Subject: Proposing a few Questions, and subjoining to each what seems to be the plain and direct Answer.

I. 1. I ask, first, Why are thousands of people starving, perishing for Want, in every part of the Nation? The Fact I know: I have seen it with my eyes, in every corner of the Land. I have known those who could only afford to eat a little coarse Food once every other Day. I have known one in *London*, (and one that a few Years before had all the Conveniencies of Life) picking up from a *Dunghill* *stinking Sprats*, and carrying them home for herself and her Children.

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I have known another gathering the Bones which the Dogs had left in the Streets, and making Broth of them, to prolong a wretched Life! I have heard a third artlessly declare, " Indeed I was very faint, and so weak I could hardly walk, 'till my Dog, finding nothing at home, went out, and brought in a *good sort of Bone*; which *I took out of his Mouth, and made a pure Dinner!* " Such is the case at this Day of multitudes of People, in a Land flowing, as it were, with Milk and Honey! Abounding with all the Necessaries, the Conveniencies, the Superfluities of Life!

Now why is this? Why have all these nothing to eat? Because they have nothing to do. The plain reason, why they have no Meat, is because they have no Work.

2. But why have they no Work?

B 2

Why

## ( 6 )

Why are so many thousand People, in *London*, in *Bristol*, in *Norwich*, in every County, from one End of *England* to the other, utterly destitute of Employment?

Because the Persons that used to employ them cannot afford to do it any longer. Many that employed fifty Men, now scarce employ ten: Those that employed twenty, now employ one, or none at all. They cannot, as they have no Vent for their Goods: Food being so dear, that the generality of People are hardly able to buy any Thing else.

3. But why is *Food* so dear? To come to particulars: Why does *Bread-corn* bear so high a Price? To set aside partial Causes, (which indeed, all put together, are little more than the Fly upon the Chariot-Wheel) the grand Cause is, Because such immense Quantities of Corn are continually

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continually consumed by *Distilling*. Indeed an eminent Distiller, near *London*, hearing this, warmly replied, "Nay, my Partner and I generally distil *but a thousand Quarters a Week*." Perhaps so. And suppose five and twenty Distillers in and near the Town, consume each *only the same Quantity*: Here are five and twenty thousand Quarters a Week, that is above twelve hundred and fifty thousand a Year, consumed in and about *London*! Add the Distillers throughout *England*, and have we not reason to believe, that (not a thirtieth, or a twentieth Part only, but) little less than half the Wheat produced in the Kingdom, is every Year consumed, not by so harmless a way as throwing it into the Sea, but by converting it into deadly Poison: Poison that naturally destroys not only the Strength and Life, but also the Morals of our Countrymen?

It

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It may be objected, " This cannot be. We know how much Corn is distilled by the Duty that is paid. And hereby it appears, that scarce three hundred thousand Quarters a Year are distilled throughout the Kingdom. " Do we know, certainly, How much Corn is distilled, by the Duty that is paid? Is it indisputable, that the full Duty is paid, for all the Corn that is distilled? Not to insist upon the multitude of *private Stills*, which pay no Duty at all. I have myself heard the Servant of an eminent Distiller occasionally aver, That for every Gallon he distilled, which paid Duty, he distilled six, which paid none. Yea, I have heard Distillers themselves affirm, " We *must* do this, or we cannot live. " It plainly follows, we cannot judge from the Duty that is paid, of the Quantity of Corn that is distilled.

" However,

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“ However, what is paid brings in a large Revenue to the King. ”--- Is this an Equivalent for the Lives of his Subjects? Would his Majesty sell an hundred thousand of his Subjects yearly to *Algiers*, for four hundred thousand Pounds? Surely no. Will he then sell them for that Sum, to be butchered, by their own Countrymen?---“ But otherwise the Swine for the Navy cannot be fed. ” Not unless they are fed with human Flesh! Not unless they are fatted with human Blood! O tell it not in *Constantinople*, That the *English* raise the Royal Revenue, by selling the Flesh and Blood of their Countrymen!

4. But why are *Oats* so dear?--- Because there are four times as many Horses kept (to speak within compass) for Coaches and Chaises in particular, as were a few Years ago.  
Unless

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Unless therefore four times the Oats grew now, that grew then, they cannot be at the same Price. If only twice as much is produced, (which perhaps, is near the truth) the Price will naturally be double to what it was.

And as the Dearness of Grain of one kind, will always raise the Price of another, so whatever causes the Dearness of Wheat and Oats, must raise the Price of *Barley* too. To account therefore for the Dearness of this, we need only remember what has been observed above: Altho' some particular causes may concur, in producing the same effect.

5. Why are *Beef* and *Mutton* so dear? Because many considerable *Farmers*, particularly in the Northern Counties, who used to breed large

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large Numbers of Sheep, or horned Cattle, and very frequently both; now breed none at all: They no longer trouble themselves with either Sheep, or Cows, or Oxen: As they can turn their Land to far better Account, by breeding Horses alone.--- Such is the Demand not only for Coach and Chaise Horses, which are bought and destroy'd in incredible numbers; but much more for bred Horses, which are yearly exported, by hundreds, yea thousands, to *France*.

6. But why are *Pork, Poultry* and *Eggs* so dear? Because of the *monopolizing* of Farms: Perhaps as mischievous a Monopoly, as was ever introduced into these Kingdoms. The Land which was some Years ago divided, between ten or twenty little Farmers, and enabled them comfortably to provide for their Families,

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is now generally engrossed by one great Farmer. One farms an Estate of a thousand a Year, which formerly maintained ten or twenty.--- Every one of these little Farmers kept a few Swine, with some Quantity of Poultry: And having little Money: was glad to send his Bacon, or Pork, or Fowls and Eggs to Market continually. Hence the Markets were plentifully served: And Plenty created Cheapness. But at present, the great, the Gentlemen-Farmers, are above attending to these little Things. They breed no Poultry or Swine; unless for their own Use: consequently they send none to Market. Hence it is not strange, if two or three of these, living near a Market Town, occasion such a Scarcity of these things, by preventing the former Supply, that the Price of them is double or treble to what it was before. Hence (to  
instance

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instance in a small Article) in the same Town, wherein within my memory, Eggs were sold six or eight a penny, they are now sold six or eight a groat.

Another Cause, (the most terrible one of all, and the most destructive both of personal and social Happiness) why not only Beef, Mutton, and Pork, but all kinds of Victuals are so dear, is *Luxury*. What can stand against this? Will it not waste and destroy all that Nature and Art can produce? If a Person of Quality will boil down three dozen of Neat's Tongues, to make two or three Quarts of Soup, (and so proportionably in other things) what wonder that Provisions fail?--- Only look into the Kitchens of the Great, the Nobility and Gentry, almost without exception, (considering withal, that "the Toe of the

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Peasant

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Peasant treads upon the Heel of the Courtier: ") And when you have observed the amazing Waste which is made there, you will no longer wonder at the Scarcity, and consequently Dearness, of the Things which they use so much Art to destroy.

7. But Why is *Land* so dear?

Because on all these Accounts, Gentlemen cannot live as they have been accustomed to do, without increasing their Income; which most of them cannot do, but by raising their Rents. And then the Farmer paying an higher Rent for the Land, must have an higher Price for the Produce of it. This again tends to raise the Price of Land: And so the Wheel runs round.

8. But Why is it, that not only Provisions and Land, but well nigh every Thing else is so dear?

Because

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Because of the enormous *Taxes*, which are laid on almost every Thing that can be named. Not only abundant Taxes are raised, from Earth, and Fire, and Water: But in *England*, the ingenious Statesmen have found a way, to lay a Tax upon the very Light! Yet one Element remains: And surely some Man of Honour will find a way to tax this also. For how long shall the saucy Air, strike a Gentleman on the Face, nay a Lord, without paying for it?

9. But why are *the Taxes* so high?

Because of the *National Debt*.--- They must be so, while this continues. I have heard, that the national Expence, seventy Years ago, was in time of Peace, three Millions a Year. And now the bare Interest of the public Debt, amounts yearly

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to

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above four Millions ! To raise which, with the other stated Expences of Government, those Taxes are absolutely necessary.

To sum up the whole. Thousands of People throughout the Land, are perishing for want of Food. This is owing to various Causes; but above all, to *Distilling, Taxes, and Luxury.*

Here is the Evil, and the undeniable Causes of it. But where is the Remedy ?

Perhaps it exceeds all the Wisdom of Man to tell: But it may not be amiss to offer a few Hints on the Subject.

II. 1. What Remedy is there for this sore Evil,---Many thousand poor People are starving?

Find

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Find them Wórk, and you will find them Meat. They will then earn and eat their own Bread.

2. But how can the Masters give them Work, without ruining themselves ?

Procure Vent for what is wrought, and the Masters will give them as much Work as they can do. And this would be done, by sinking the Price of Provisions: For then People would have Money to buy other things too.

3. But how can the Price of Wheat and Barley be reduced ?

By prohibiting for ever, by making a full End, of that Bane of Health, that Destroyer of Strength, of Life and of Virtue, *Distilling*.---

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Perhaps

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Perhaps this alone might go a great way toward answering the whole Design. 'Tis not improbable, it would speedily sink the Price of Corn, at least one Part in three. If any thing more were required, Might not all *Starch* be made of Rice, and the Importation of this, as well as of Corn, be encouraged?

4. How can the Price of *Oats* be reduced?

By reducing the Number of Horses. And may not this be effectually done, (without affecting the Ploughman, the Waggoner, or any of those who keep Horses for common Work;) 1. By laying a Tax of ten Pounds, on every Horse exported to *France*, for which (notwithstanding an artful Paragraph in a late public Paper) there is as great

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a Demand as ever? 2. By laying an additional Tax on Gentlemen's Carriages: Not so much on every *Wheel*, (bare-faced, shameless Partiality!) but five Pounds yearly, upon every *Horse*. And would not these two Taxes alone supply near as much as is now paid for Leave to poison his Majesty's liege Subjects?

5. How can the Price of *Beef* and *Mutton* be reduced?

By increasing the Breed of Sheep and horned Cattle. And this would soon be increased seven-fold, if the Price of Horses was reduced: which it surely would be, half in half, by the Method above-mentioned.

6. How can the Price of *Pork* and *Poultry* be reduced?

Whether

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Whether it ever *will*, is another Question.---But it *can* be done, 1. By letting no Farms of above an hundred Pounds a Year: 2. By repressing Luxury: Whether by Laws, by Example; or by Both.---I had almost said, By the Grace of GOD. But to mention This, has been long out of Fashion.

7. How may the Price of *Land* be reduced?

By all the Methods above-named, as each tends to lessen the Expence of House-keeping: But especially the last; by restraining Luxury, which is the grand and general Source of Want.

8. How may the *Taxes* be reduced?

1. By discharging half the National Debt, and so saving by this single

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single. Means, above two Millions a Year. 2. By abolishing all uselefs Pensions, as fast as those who now enjoy them die. Especially those ridiculous ones, given to some hundreds of idle Men, as *Governors of Forts or Castles*: Which Forts have answered no End for above these hundred Years, unless to shelter Jackdaws and Crows.---Might not good part of a Million more, be saved in this very Article?

But will this ever be done?

I fear not: At least, We have no reason to hope for it shortly: For what Good can we expect (suppose the Scriptures are true) for such a Nation as this? Where there is no Fear of God? Where there is such a deep, avowed, thorough Contempt of *all Religion*, as I never saw, never  
heard

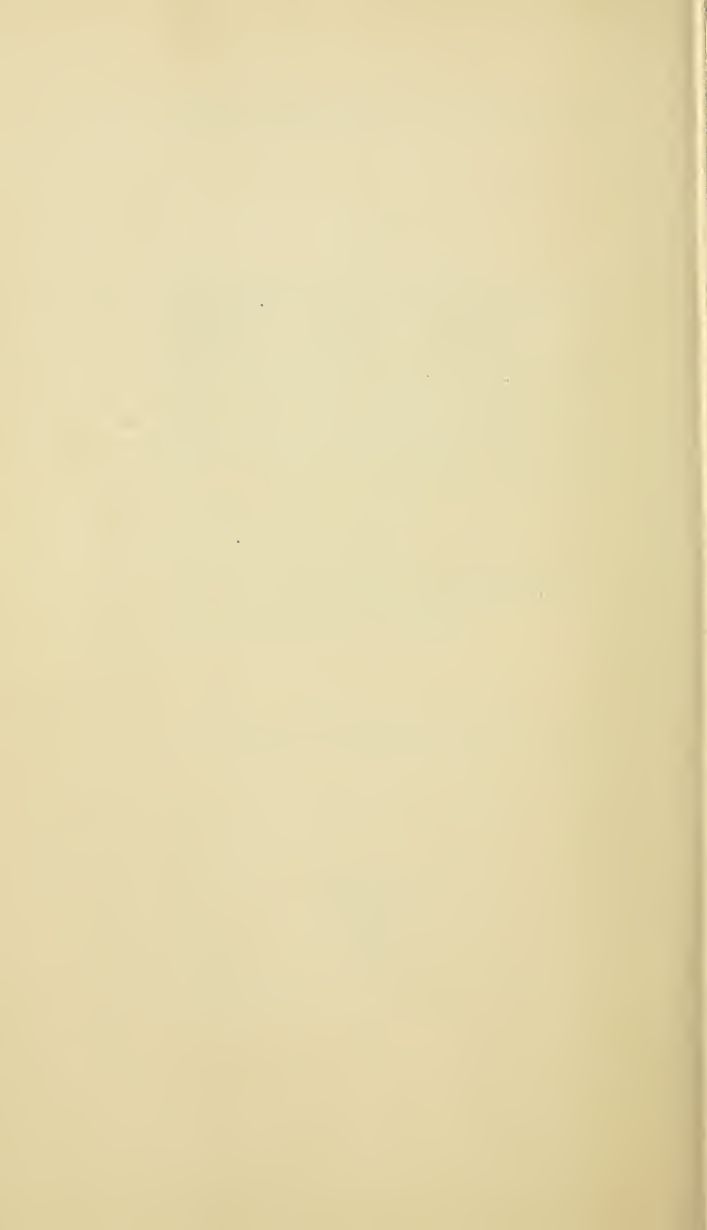
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heard or read of, in any other Nation, whether Christian, Mahometan or Pagan. It seems as if GOD *must* shortly arise, and maintain his own Cause. But if so, let us *fall into the Hands of GOD, and not into the Hands of Men.*

LEWISHAM, Jan. 20.

1773.





# WAR-TIME RECIPES AND MENUS

## SOUPS

### POTATO SOUP

- 4 medium sized potatoes
- 1 small onion
- 1 pint of water
- 1 pint of milk
- 1 tablespoonful of butter substitute
- Sprig of parsley
- Salt and pepper to taste

Cut the potatoes into small pieces and cook till tender; mash without draining. Scald the milk with the onion and add to the potato; season to taste; add the butter substitute, and the parsley chopped fine, and serve piping hot.

### VEGETABLE SOUP

- Soup bone
- 4 potatoes
- 4 carrots
- 4 onions
- 1 small cabbage
- Few stalks of celery
- ½ cup of cooked barley or rice

Have the soup bone cracked several times; put in a kettle of cold water and simmer for

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two hours or more; chop the vegetables very fine and cook in just enough water to cover them so that when done they need not be drained. Remove the bone and meat from the stock, add the vegetables and the barley or rice. Season to taste and serve.

Put the meat from the soup through a chopper, season slightly and add to hot corn meal mush; allow to cool in mold, cut in slices and fry a crisp brown.

### CORN CHOWDER

- 1 small can corn
- 2 potatoes
- 1 small onion
- 4 soda crackers, crumbed
- Small piece of salt pork
- 1 pint of water
- 1 pint of milk, scalded

Cut the potatoes into very small pieces and cook till tender; add the salt pork chopped fine and the corn and onion, and simmer slowly for fifteen minutes; then add the milk, season and just before serving add the crackers.

### OATMEAL SOUP

- 2 quarts of water, boiling
- 1 cup rolled oats

3 potatoes cut in small pieces

1 onion cut in small pieces

Seasoning

1 tablespoon of fat

Cook oats and potatoes and onions in water for half an hour; add seasoning and fat and serve.

## MEATS

### MEAT LOAF

1½ lbs. ground beef, preferably bottom round

½ lb. sausage meat

1 small onion, chopped fine

1 cup tomato stock

1 cup breadcrumbs (optional)

Mix ingredients thoroughly, salt and pepper, shape in loaf and bake 1 hour on pie tin in moderate oven, basting at least four times with fat in pan. Remove loaf and make brown gravy.

### STUFFED CALVES HEART

Wash the heart, remove veins, arteries, and clotted blood. Stuff with dressing of bread crumbs and chopped celery and sew. Sprinkle with salt and pepper and place in deep baking dish; surround with small potatoes, onions,

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carrots, and  $\frac{1}{2}$  cup of rice. Cover with boiling water and bake slowly for one hour and a half. It may be necessary to add more water.

### KIDNEY STEW

Wash kidneys and cut into small pieces, cook the same as heart.

### CREAMED KIDNEYS

Wash the kidneys and cut into small pieces, sprinkle with salt and pepper and sauté in butter substitute or pork drippings. Prepare white sauce, add the kidneys and serve on hot toast, garnished with parsley.

### BACON AND CHEESE

Spread slices of bread with butter substitute and cover with a slice of American cheese, cut  $\frac{1}{4}$  inch thick; place a slice of bacon on top, sprinkle with paprika and broil in oven till bacon is crisp and brown. Serve at once garnished with parsley.

### CREAMED CHICKEN

Cold cooked chicken, cut in dice  
2 hard boiled eggs chopped fine  
1 green pepper chopped fine

Make a white sauce and heat the chicken, eggs and pepper in it.

### CURRIED GIBLETS

Wash and chop the heart, liver, and gizzard and cook slowly for half an hour. Thicken the stock with flour mixed with cold water and highly seasoned with salt, pepper, and  $\frac{1}{2}$  teaspoonful curry powder. Add a finely chopped hard-boiled egg and serve on toast (hot).

### HAM AND EGGS

Stir one cup milk and one cup breadcrumbs together over fire until smooth paste is formed. Add one cup chopped cooked ham, seasoned well with salt and pepper. Pour half the mixture in a buttered baking dish, break several eggs on top, cover with remaining mixture and bake in moderate oven half an hour.

### PEPPER HASH

Any cold meat may be used; put through the chopper with an equal amount of cold potato, two or more onions and two green peppers; season well and pour into a buttered baking dish. Moisten with gravy or stewed tomatoes and bake half an hour in moderate oven.

### POTATO BASKET

Line a buttered baking dish with mashed

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potato; fill the cavity with any cold chopped meat, well seasoned and moistened with gravy or boiling water. Cover with potato, sprinkle with bread crumbs, and bake in moderate oven till well browned.

### RICE BASKET

Boiled cooked rice may be used in place of the potato.

### BAKED EGGS

Put a layer of small cubes of bread in a buttered baking dish; break several eggs on top; sprinkle them with salt and pepper, cover them with more bread cubes, dot with butter substitute and grated cheese; pour over a white sauce and bake half an hour in a moderate oven.

### SCRAMBLED EGGS

Cook one small chopped onion and one small chopped pepper in butter substitute till onion is golden brown. Add eggs slightly mixed with milk, allowing three tablespoons for every two eggs, and proceed as for an ordinary scramble.

### SCRAPPLE No. 1

To hot yellow corn meal mush add one

cup finely chopped nuts, preferably peanuts or English walnuts. Fry in drippings till crisp.

#### SCRAPPLE No. 2

To hot yellow corn meal mush add one cup finely chopped cold meat and proceed as for above.

#### SCRAPPLE No. 3

To hot yellow corn meal mush add one cup finely grated American cheese and proceed as for No. 1.

### MEAT SUBSTITUTES

#### BAKED PEANUTS

- 1 cup ground peanuts
- 2 cups mashed potatoes
- 1 small onion chopped fine
- 1 egg
- 1 teaspoonful salt
- $\frac{1}{2}$  teaspoonful paprika

Mix and place in a buttered baking dish and bake in a moderate oven half an hour. Serve with or without tomato sauce.

#### BEAN RAREBIT

- 1 cup mashed baked beans
- 1 cup grated cheese

- 1 cup scalded milk
- 1 egg (may be omitted)
- $\frac{1}{2}$  teaspoonful salt
- $\frac{1}{4}$  teaspoonful mustard
- $\frac{1}{4}$  teaspoonful paprika

Melt the cheese over hot water; add the seasonings and milk gradually, stirring till smooth; add egg and beans and serve on hot toast or crackers.

#### DRIED LIMA BEAN RAREBIT

Substitute cooked dried lima beans for baked beans and proceed as above.

#### BAKED SPLIT PEAS

- 1 cup split peas
- 4 small onions
- Grated cheese
- White sauce

Soak the peas overnight and then cook till tender. Drain and save the stock for soup. Grease a baking dish and put in a layer of peas, then a layer of onions sliced fine; salt and pepper; repeat; sprinkle over top grated cheese and pour over all the sauce; bake in moderate oven one hour.

#### VEGETABLES AU GRATIN

Potatoes, asparagus, celery, cabbage, cauli-

flower, and onions can be served as a meat substitute by first boiling them till tender; then arrange alternate layers of the vegetables and grated cheese in a baking dish; pour over all a cream sauce and bake half an hour in a moderate oven.

### TOMATO RICE

2 cups cooked rice

1 cup stewed tomatoes

Mix thoroughly and season rather highly with salt and pepper; pour into buttered baking dish; sprinkle with bread crumbs; dot with butter substitute and heat in oven.

### TOMATO MACARONI

Macaroni can be served in the same manner.

### BAKED MACARONI WITH CHEESE

Arrange alternate layers of boiled macaroni and cheese in a buttered baking dish; sprinkle with bread crumbs; pour over white sauce and bake half an hour in a moderate oven.

### BAKED RICE WITH CHEESE

Boiled rice can be served in the same manner.

## STUFFED GREEN PEPPERS

Cut the peppers in half lengthwise; remove the seeds and parboil ten minutes; drain. For stuffing use:

1. Rice moistened with tomato stock.
2. Hard boiled eggs in white sauce.
3. Peanut stuffing.
4. Creamed dried beef.
5. Any left-over meat, preferably ham or chicken, in white sauce. Heat through in moderate oven.

## SALADS

## CHEESE SALAD

Take one cup of cottage cheese and mix with milk or cream until it shapes easily. Season with salt and pepper and mix with it one chopped green pepper; press into mold and set on ice. When ready to serve arrange in slices on lettuce leaves, garnish with halves of stuffed olives, and serve with French dressing.

## VEGETABLE SALAD

Marinate sliced cold cooked carrots, beets, celery, and peas with French dressing. Serve on lettuce leaves and cover with boiled dressing; garnished with halves of stuffed olives.

## POTATO SALAD

Marinate cold boiled potato cut in half inch cubes with French dressing. Serve on lettuce leaves with boiled dressing; garnished with radishes, halves of stuffed olives, and sweet pickles cut in long thin slices.

## FRUIT SALAD

Dissolve one half box granulated gelatin in four tablespoons hot water; add two cups cold water, three quarters cup vinegar, and one half cup sugar and bring to boiling point. When it is cool, but not cold, stir in two cups finely chopped celery, one cup finely chopped English walnuts, one cup white grapes halved and seeded, one half cup stuffed olives. Pour into individual molds to harden. Serve on lettuce leaves with boiled dressing.

## TOMATO SALAD

Heat one can tomatoes in saucepan, add one small sliced onion, a few stalks of celery chopped fine, a sprig of parsley; salt to taste. Simmer slowly twenty minutes and strain. Pour the tomatoes over granulated gelatin, allowing one tablespoonful to a pint of liquid. Pour into individual molds. Serve on lettuce leaves with boiled dressing, and garnish with stuffed olives.

## PLAIN FRUIT SALAD

Apples, oranges, bananas, grapefruit, either in combination or alone, mixed with nuts, celery and raisins, and served with French dressing or boiled dressing are delicious.

## PEAR SALAD

Fill the cavities of canned pears with cream cheese and serve on lettuce leaves with boiled dressing.

## SALAD DRESSING No. 1

Mix  $\frac{1}{2}$  cup cream with  $\frac{1}{3}$  cup vinegar; add  $\frac{1}{2}$  tablespoon sugar, a little salt and pepper. Serve on chopped cabbage, lettuce, endive or cucumbers.

## SALAD DRESSING No. 2

1 heaping tablespoonful flour

$\frac{1}{2}$  tablespoonful salt

1 teaspoon mustard

$\frac{1}{2}$  teaspoon paprika

Add enough cold water to make smooth paste. Then add  $\frac{1}{4}$  cup vinegar and  $\frac{3}{4}$  cup boiling water. Cook until thick, stirring continually. Pour onto the beaten yolk of one egg. Thoroughly chill and beat in one cup of oil. Add lemon juice or not.

### SALAD DRESSING No. 3

- ½ tablespoon salt
- 1 teaspoon mustard
- 2 tablespoons sugar
- ½ teaspoon paprika
- 1 heaping tablespoon flour

Mix the dry ingredients and add three quarters cup of milk slowly. Then add one quarter cup vinegar and one egg yolk. Cook over boiling water till mixture begins to thicken. Cool and add oil and lemon juice or not.

## DESSERTS

### MOCK INDIAN PUDDING

1. Mix one cup of scalded milk with one cup water, three teaspoons tapioca, two tablespoons cornmeal, a pinch of salt, and three fourths cup molasses. Pour in baking dish and bake slowly one hour. Serve hot with plenty of rich milk.

2. Serve cold with apple sauce.

### WAR APPLE DUMPLING

Peel and quarter tart apples and place in buttered baking dish; sprinkle with sugar, nutmeg, bits of butter substitute. Pour over them a stiff batter made of one cup rye flour,

two teaspoons baking powder, one tablespoonful melted fat and milk.

Serve with milk and sugar.

### GELATIN DESSERT

Almost any fruit flavoring makes a delicious gelatin. Coffee and chocolate also make delicious gelatin. They can be varied by adding nuts or chopped marshmallows; and if whipped cream is not convenient, try marshmallow cream.

When the gelatin starts to harden beat till frothy with wheel egg beater, and no cream is needed for the dessert.

### CORNSTARCH PUDDING

4 cups milk

$\frac{1}{2}$  cup cornstarch

$\frac{1}{4}$  teaspoonful salt

$\frac{1}{2}$  cup sugar

Dissolve the cornstarch in  $\frac{1}{2}$  cup milk; scald remaining milk and add cornstarch, salt and sugar and cook over boiling water till it thickens, beating continually with wire whisk.

Pour into molds and serve with:

No. 1. *Chocolate Sauce.* Melt two ounces of chocolate over hot water, add three table-spoons sugar, and hot water to make smooth sauce. Serve hot.

No. 2. *Strawberry Sauce.* Mash slightly strawberries, add sugar, stew ten minutes and chill.

No. 3. *Fig Sauce.* Soak figs over night; in morning cook slowly in water till tender; chop, add chopped nuts, half as much sugar as nuts and figs and cook till syrupy. Serve cold.

### CHOCOLATE BREAD PUDDING

3 slices stale bread cut in small cubes

1½ squares chocolate

2 cups scalding milk

½ cup sugar

¼ teaspoon salt

1 teaspoon vanilla

Soak the bread in milk. Melt the chocolate over the hot water, add sugar and enough hot water to make of consistency to pour. Add to bread with salt and vanilla; mix thoroughly; pour into buttered baking dish and bake half an hour in moderate oven. Serve with top milk.

### CHOCOLATE RICE PUDDING

Cooked rice may be prepared the same way. Chopped raisins and dates may be added.

### BROWN BETTY

Line a buttered baking dish with stale

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bread, buttered and cut in small pieces; fill dish with apple sauce, cover with more bread; sprinkle liberally with sugar and cinnamon; dot with butter substitute. Bake in moderate oven and serve with top milk.

### CUP CAKE

2 eggs

1 cup sugar

Pinch of salt

1½ cups wheat flour

1½ teaspoons baking powder

1½ cups scalded milk

1 teaspoonful cooking oil

Beat the sugar and eggs together vigorously, add salt and flour and milk alternately, and the oil last. Bake in muffin tins in moderately hot oven.

### WHEATLESS CAKE NO. 1

1½ cups barley flour

½ cup cooked oatmeal

¼ cup sugar

¼ cup raisins

¼ teaspoon soda

½ teaspoon baking powder

3 tablespoons cooking oil

¼ cup molasses

Heat the molasses and fat to boiling point,

add soda and combine with other ingredients, previously thoroughly mixed. Bake in muffin tins half an hour.

### WHEATLESS CAKE No. 2

4 tablespoons butter substitute

$\frac{1}{2}$  cup sugar

2 eggs

$\frac{1}{2}$  cup mashed potatoes

$1\frac{1}{2}$  cup corn flour

$\frac{1}{2}$  teaspoon salt

3 teaspoons baking powder

Cream butter substitute and sugar; add eggs well beaten and beat with Dover egg beater a couple of minutes; add mashed potato, corn flour, salt and baking powder; beat vigorously; bake in cake tin. Serve iced or plain.

### WHEATLESS CAKE No. 3

Barley flour may be used in place of corn flour in No. 2, in which case add  $\frac{1}{2}$  cup chopped nuts and  $\frac{1}{2}$  cup chopped raisins.

### SHORT CAKE

Make a biscuit dough with:

1 cup barley flour

$\frac{1}{2}$  cup white corn flour

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$\frac{1}{2}$  cup wheat flour  
3 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons Crisco  
Milk to moisten

1. If preferred use a little more milk and instead of rolling the dough drop by spoonfuls into biscuit pans and bake for fifteen minutes in a moderate oven. Split and spread with butter substitute, cover with strawberries and serve with milk and sugar.

2. Serve with peaches.

3. Serve with stewed dried peaches or apricots.

### CHOCOLATE BAKED PUDDING

$1\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup Crisco  
Pinch of salt  
1 egg  
1 cup sour milk  
1 teaspoonful soda  
5 teaspoonfuls cocoa dissolved in hot water  
2 cups flour

Cream the sugar, Crisco and salt; add the other ingredients in order given; mix thoroughly; spread in square cake tin and bake in rather quick oven. Serve hot with whipped cream or vanilla sauce.

### ICE CREAM

- 2 eggs
- ½ pint coffee cream
- 1 pint milk
- 1 cup sugar
- Flavoring

Dissolve the sugar in milk; add cream and beaten yolks of eggs; fold in beaten whites, add flavoring and freeze.

### BREADS

#### BARLEY MUFFINS

- 1 cup barley flour
- 1 cup cooked oatmeal or rice
- 3 teaspoons baking powder
- 1 teaspoon salt
- Milk to make smooth batter
- 1 tablespoon cooking oil
- 2 tablespoons molasses

Mix ingredients in order given and bake in moderate oven 30 to 40 minutes.

#### CORN MEAL MUFFINS

- Yellow or white corn meal
- 1 cup cooked rice
- 3 teaspoons baking powder
- 1 teaspoon salt

2 tablespoons sugar  
Milk to make smooth batter  
1 tablespoon cooking oil  
Proceed as above.

### BAKING POWDER BISCUITS

1½ cup barley flour  
½ cup wheat flour  
1 teaspoon salt  
3 teaspoons baking powder  
2 tablespoons Crisco  
Milk to moisten  
Mix dry ingredients thoroughly; add milk;  
roll slightly on board; cut in rounds, and bake  
in moderately hot oven.

### WAR TIME PIE CRUST

1 cup barley flour  
½ cup wheat flour  
1 teaspoon salt  
½ teaspoon baking powder  
⅓ cup Crisco  
Water to moisten  
Proceed as for ordinary pie crust, only  
don't roll too thin or crust will break.

### OATMEAL BREAD

1 qt. rolled oats  
1 qt. barley flour

- 1 qt. wheat flour
- 1 qt. boiling water
- $\frac{1}{4}$  qt. tepid water
- 1 yeast cake
- 1 tablespoon salt
- 3 tablespoons molasses
- 1 tablespoon cooking oil

Pour the boiling water on the rolled oats; add molasses and oil and salt; stir and allow to cool. Dissolve yeast cake in tepid water and add to the oats; add barley flour and wheat flour and mix thoroughly; allow to raise; mix thoroughly; put in bread tins; allow to raise again; bake in moderate oven forty to fifty minutes.

Don't be alarmed if the dough is too soft to handle; put into tins with a spoon. The finished product is delicious.

### CORN PONE

- 1 cup yellow corn meal
- 1 teaspoon salt
- Boiling water to moisten

Mix thoroughly and spread on cake tin and bake in hot oven till crisp; or grease griddle and cook on top of stove in spoonfuls, turning when one side is crisp. Serve piping hot with jelly.

MENUS FOR MEATLESS DAYS

No. 1

LUNCHEON

Potato soup  
Cottage cheese salad  
Barley muffins

DINNER

Stuffed green peppers (II)  
Canned asparagus salad  
Baked potatoes  
Oatmeal bread  
Brown Betty

No. 2

LUNCHEON

Baked bean rarebit  
Potato salad  
Oatmeal bread

DINNER

Scrapple (II)  
Cold slaw  
Creamed potatoes  
Chocolate cornstarch pudding

No. 3

LUNCHEON

Oatmeal soup  
Corn pone  
Baked custard

DINNER

Creamed eggs  
Baked potatoes  
String beans  
Corn flour cake with stewed fruit

No. 4

LUNCHEON

Tomato rice  
Barley biscuit  
Pears and cream cheese salad

DINNER

Cream tomato soup  
Cabbage au gratin  
Baked potatoes  
White corn meal muffins  
Chocolate bread pudding

No. 5

LUNCHEON

Vegetable salad  
Cocoa  
Strawberry shortcake

DINNER

Baked peanuts

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Carrot and pea salad  
Stewed celery in white sauce  
Yellow cornmeal muffins  
Apple tapioca pudding

### No. 6

#### LUNCHEON

Baked rice with cheese  
Cocoa  
Barley muffins  
Stewed fruit

#### DINNER

Corn chowder  
Mock Indian pudding  
Tomato gelatin salad

### No. 7

#### LUNCHEON

Baked split peas  
Corn pone  
Coffee gelatin

#### DINNER

Dried lima bean rarebit  
Vegetable salad  
Fried potatoes  
Rice with fig sauce

No. 8

LUNCHEON

Vegetable soup  
Oatmeal cakes  
Sliced oranges and bananas

DINNER

Stuffed green peppers (I)  
Cauliflower  
Potatoes au gratin  
Cornstarch pudding with strawberry sauce

No. 9

LUNCHEON

Baked eggs  
Cup cakes  
Cocoa  
Apple sauce

DINNER

Baked macaroni with cheese  
Yellow cornmeal muffins  
Glazed sweet potatoes  
Pears and cream cheese salad

No. 10

LUNCHEON

Scrapple (III)  
Potato salad  
Barley muffins

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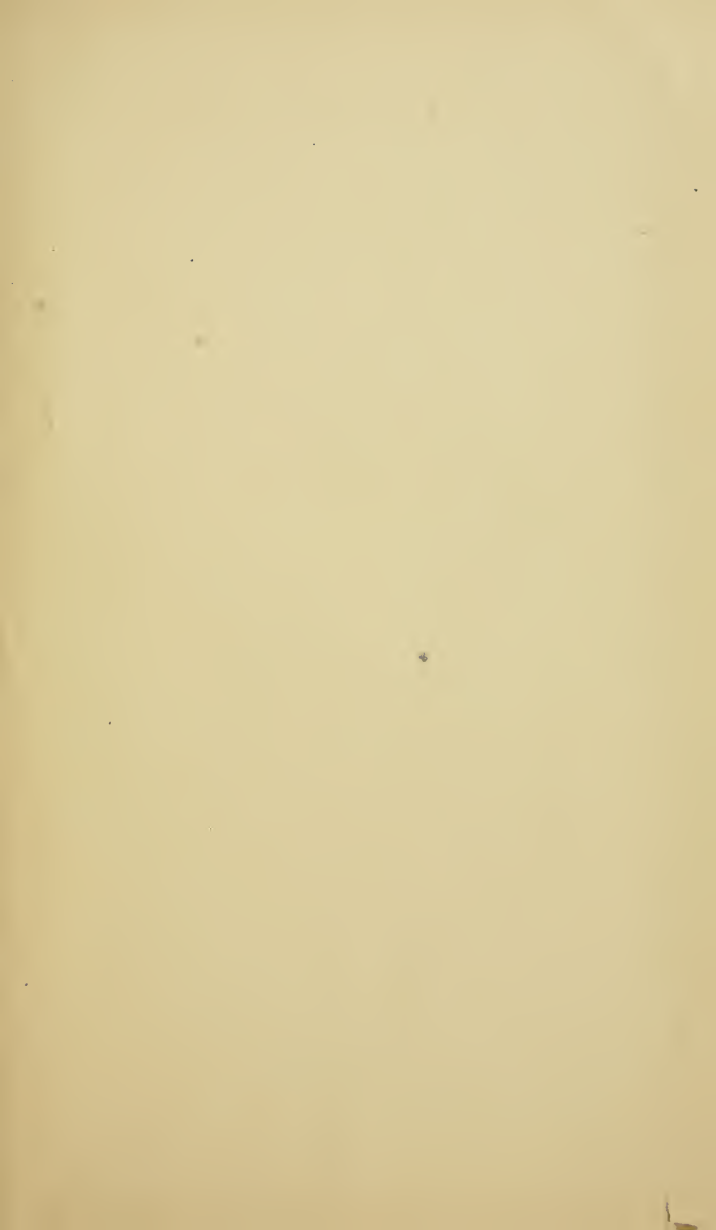
DINNER

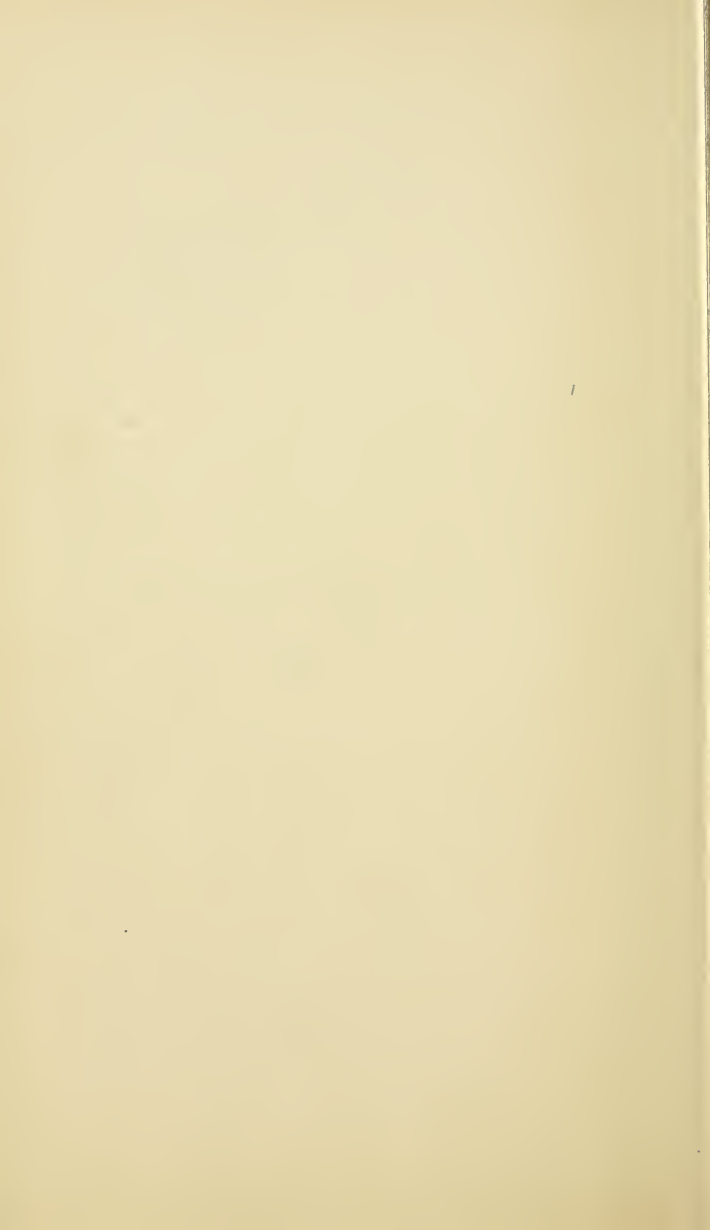
Green peppers (III)

Stewed corn

Tomato macaroni

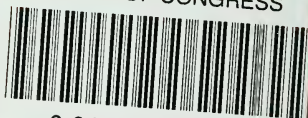
Fruit salad







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